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UNITED STATES DEPARTMENT OF AGRICULTURE

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OFFICE OF INFORMATION

HOMEMAKERS' CHAT

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(FOR BROADCAST USE ONLY)

Subject: "CHANGING RECIPES". Information from the Bureau of Home Economics, U. S. Department of Agriculture.

--ooOoo--

What I'm going to say today--about making changes in recipes was suggested to me by a Mother Goose rhyme--the one about Old Mother Hubbard. The rules I'm bringing you for substituting ingredients may help you when you go to your own cupboard and find it minus something you need for a cake--or a pudding--or some other concoction.

These recipe-changing hints I'm passing on to you from the Federal Bureau of Home Economics. There they call them "Recipe Variations Every Cook Should Know."

Recipe variation number one that a cook ought to know is the old faithful "baking powder-and-soda" rule. Probably you know this one already. But anyway here's a brief reminder.

"In cakes and all quickbreads but pop-overs, sour milk may be substituted for sweet, cup for cup. For every cup of really sour milk there should be 1/2 teaspoon of soda to neutralize the acid. This soda furnishes leavening power equal to 4 times its measure of baking powder.

"If the amount of soda needed to neutralize the sour milk in a recipe does not furnish enough leavening power, add baking powder to take care of the difference. Add the soda to the mixture by sifting it with the flour."

In short, the baking powder-and-soda formula is -- Substitute sour milk for sweet, cup for cup. For every cup of sour milk use 1/2 teaspoon of soda. 1/2 teaspoon of soda is equal in leavening power to 2 teaspoonfuls of baking powder. If the soda doesn't furnish enough leavening power, make up the difference in baking powder.

If you are a cook who insists on a special soft-wheat flour for cakes and pastries, here's a suggestion in case you ever run out of it.

"Either an all-purpose flour or a hard-wheat flour may be substituted for soft-wheat flour. But replace 2 tablespoons of each cup of this flour with 1 to 1 1/2 tablespoons of starch."

I'll repeat that--Replace 2 tablespoons of each cup of hard-wheat or all-purpose flour with 1 to 1 1/2 tablespoons of starch. Then use this flour and starch mixture as you would soft-wheat flour in making cakes and pastries.

Practically every household sooner or later runs low on sugar. If you don't want to go a-borrowing from the neighbors and happen to have some brown sugar on hand, use that. It'll give a variation in taste, too. About 1 1/4 cup of brown sugar is equal to 1 cup of granulated white sugar.

If the brown sugar is lumpy, roll and sift it. Then pack it loosely in a cup and measure -- 1 1/4 cup of brown sugar to take the place of every cup of granulated white sugar.

Another way to change a recipe is to add eggs to it, or to substitute all yolks or all whites for whole eggs. Here's a hint on that.

"In these spring days when the hens are rustling about setting new production records, many cooks take advantage of the situation by adding eggs to puddings--to sauces--to salad dressings--for the extra protein, fat, iron, vitamins A and D, and the rich flavor that they give.

"Add beaten eggs to these mixtures two or three minutes before serving time. To keep the egg from cooking too rapidly, add a little of the hot mixture to the egg first. Then pour that into the remainder and cook for a few minutes longer.

"Either 2 yolks or 2 egg whites are equal to 1 whole egg for most purposes. If you use yolks alone in a cake--add a little extra baking powder. Yolks have less leavening power than egg whites, because you can beat less air into them."

And here's a recipe variation that'll come in handy if your family is one of those that "likes any flavor--long as it's chocolate." By making certain substitutions you can change any good foundation cake recipe into either a chocolate cake or a devil's food cake.

"For chocolate cake, let the chocolate take the place of some of the fat and some of the flour. Add as much chocolate as you want for flavor. Then for every ounce or square of chocolate you add, take out 1 tablespoon of fat and 1 tablespoon of flour called for in the original recipe. Melt the chocolate over warm -- but not boiling -- water and add just before you fold egg whites into the batter."

You can make a devil's food cake out of a foundation recipe, too. First substitute sour milk for sweet. Make the necessary substitution of soda for baking powder. Then substitute chocolate for some of the flour and some of the fat as for chocolate cake--that is, omit 1 tablespoon of flour and 1 tablespoon of fat for every ounce of chocolate you add.

Those are all the recipe variations that I have time for today. But if you know these basic substitutions you may be able to figure your own way out when you get there -- and the cupboard is bare -- of some important ingredient in a recipe.